



Health & Nutrition

You know that Sunkist citrus forms the basis of a healthy and nutritious diet - but did you know just how good it is for you? Find out how citrus fruits, including oranges, grapefruits and lemons, can help promote positive health and impact the way you look and feel from childhood through your senior years.

Nutrition Labels

- select a label to view -

Orange Nutrition Label

Lemon

Grapefruit

Lime

Cara Cara

Clementine

Meyer Lemon

Minneola Tangelo

Moro Orange

Oroblanco

Pummelo

Satsuma Mandarin

Tangerines

Nutrition Facts			
Serving Size 1 medium orange (154g)			
Amount Per Serving			
Calories	80	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Potassium	250mg		7%
Total Carbohydrate	19g		6%
Dietary Fiber	3g		12%
Sugars	14g		
Protein	1g		
Vitamin A	2%	Vitamin C	130%
Calcium	6%	Iron	0%
Thiamin	10%	Riboflavin	4%
Niacin	2%	Vitamin B6	4%
Folate	10%	Pantothenic Acid	4%
Phosphorus	2%	Zinc	0%
Magnesium	4%	Selenium	2%
Copper	4%	Manganese	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Nutrition Brochure

Do you know all about the nutritional benefits of Citrus Fruit?

Read our Flash brochure to find out how citrus can help you

[Explore Brochure](#)



Citrus Myths

Can eating grapefruit help me lose weight? Find this answer and more.



Fun Facts

You may be surprised when you read these fun facts about citrus.

Why Citrus?

- Consuming the necessary vitamins, minerals and other nutrients that enhance one's total wellness through natural foods assures an optimal balance of nutrients, rather than running the risk of excess through the use of supplements.¹
- Increased levels of stress suppress the body's immune function, and during these times many people tend to cuddle up with comfort food. For this reason, it is especially important to feed stress-related cravings with healthy foods that help build the immune system.
- The good news: a healthy lifestyle - including diet - works well as preventative care for both men and women. And the AHA urges prevention

Healthy Recipes

Health & Nutrition

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[Fun Facts](#)

Health & Wellness

Health & Home

Research

Sunkist S'alternative™

through choosing a diet with plenty of vegetables and fruits, like oranges, that contain heart-healthy nutrients such as Vitamin C, folate, pectin, potassium and phytochemicals.

- Studies show that eating 8 - 10 servings of fruits and vegetables lowers blood pressure readings comparable to that seen with the use of high- blood pressure medication.²
- Studies show that people who eat fruit such as lemons, tangerines, oranges and other whole foods, tend to eat less at subsequent meals, compared to people who eat "lighter, more calorie-dense foods" such as chips, snack crackers, desserts or candy.³
- Following a balanced diet that includes fruit, along with regular exercise will help bring weight down without jeopardizing your health.

1 Nyyssönen, Kristiina, Parviainen, Markku T

2 Salonen, Riita, Taimele, Jaakko, Salonen, Jukka T.

3 Vitamin C deficiency and risk of myocardial infarction: prospective population study of men from Eastern Finland.

Journal of American Dietetic Association, March 1997

NOTE: The contents of Sunkist Healthy Living are for informational purposes only and are not intended to be a substitute for professional advice. Always seek the advice of your physician or other qualified health provider prior to beginning a new diet.

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Height: 5' 4"

Weight: (lbs.)

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